

Spartan Recreation Center Weight Room

Participants must be 14 years or older. Participants 14-17 must be accompanied by a parent or guardian.

Drop-in Hours:

Mon-Thu 8:00am-9:00pm
Friday 8:00am-5:00pm
Saturday 8:00am-4:00pm

Drop-in Fees:

Per visit: \$3; w/Resident Disc: \$2
10-Punch: \$29; w/Resident Disc: \$19
3-Month: \$63; w/Resident Disc: \$53

Personal Trainer

Want to start exercising but don't know how to begin? Are you exercising but not getting the result you want? If so, it's time for you to work out with a personal trainer at the Spartan Recreation Center Weight Room. Once you register, our personal trainer will contact you to set up an appointment at your convenience. We are dedicated to providing you with a safe program that is unique to your fitness goals.

Fee: \$43/hr; w/Resident Disc: \$36/hr

Karate

Self-defense, physical fitness and confidence are some of the many benefits from quality karate training. Learn traditional Tangsoodo karate with supplemental self-defense skills from Judo and Aikido from dedicated instructors in a community of students from beginning to advanced that make this program a family-like experience. Rank promotions are available for those who train regularly. Special monthly classes are available to advanced ranks. Monday basics classes are recommended for everyone. Wednesday classes are more challenging and recommended for intermediate and advanced students. Senior instructor Eric Madis has over 50 years of martial arts experience and has taught this class since 1992.

Age: 10 Years and up

#66644 M 9/8-10/27 7:15-8:30pm

#66645 W 9/10-10/29 7:15-8:30pm

Fee: \$36; w/Resident Disc: \$30

#66646 M,W 9/8-10/29 7:15-8:30pm

Fee: \$70; w/Resident Disc: \$60

#66647 M 11/3-12/15 7:15-8:30pm

#66648 W 11/5-12/17 7:15-8:30pm

Fee: \$36; w/Resident Disc: \$30

#66649 M,W 11/3-12/17 7:15-8:30pm

Fee: \$70; w/Resident Disc: \$60

Instructor: Eric Madis & Gail Hammer

Location: Richmond Highlands Recreation Center, Gymnasium

Japanese Swordsmanship

Release your inner samurai! Japan's sword arts combine profound spiritual, technical and strategic content in beautiful forms that foster calm, self-confidence, mental agility and character development. Chief instructor Dr. Jonathan Bannister has more than 30 years martial arts experience, holds a 5th-degree blackbelt in Iaido and is a 2009 inductee into the USA Martial Arts Hall of Fame. Instruction is offered in All Japan Kendo Federation Iaido, Muso Shinden Ryu Iaido, Aikiken and Aiki-Jo. All materials included: swords provided!

Age: 13 Years and up

#66673 Th 9/11-10/23 7:15-8:30pm

Sa 9/13-10/25 2:00-3:30pm

Fee: \$150; w/Resident Disc: \$140

#66674 Th 10/30-12/20 7:15-8:30pm

Sa 10/30-12/20 2:00-3:30pm

Fee: \$140; w/Resident Disc: \$130

Beginner Japanese Sword

#66675 Th 9/11-10/23 7:15-8:45pm

Fee: \$80; w/Resident Disc: \$70

#66676 Th 10/30-12/18 7:15-8:45pm

Fee: \$70; w/Resident Disc: \$60

Instructor: Dr. Jonathan Bannister

Location: Spartan Recreation Center



Tai Chi

Tai Chi is a non-strenuous traditional Chinese exercise that promotes concentration, balance and coordination. The slow and steady movements develop balance between mind and body to reduce stress. Wear loose clothing and flat-heeled shoes.

#66736 Tu 9/30-11/18 7:30-8:30pm

Instructor: Kevin Wilhelmsen, nurse educator & Tai Chi practitioner for more than 20 years.

Location: Spartan Recreation Center, Dance Room

Fee: \$74; w/Resident Disc: \$62

Badminton

Singles and doubles badminton is played Friday evenings. All skill levels and all ages are welcome! We have a six spacious courts and players are friendly. Participants are required to bring their own racquets and birdies. Monthly registration is required for this program. Drop in players are not allowed.

#63309 F 12/5-12/16 7:30-9:30pm

Location: Spartan Recreation Center

Fee: \$10



Morning Full Court Basketball

Full court basketball is played Monday & Friday mornings. Monthly registration is required for this program. Drop-In players are not allowed. Register online at www.shorelinewa.gov/registration. **Walk-ins not accepted.**

#66635 M,F 9/22-9/29 6:00-7:00am

Fee: \$8

#66636 M,F 10/3-10/31 6:00-7:00am

#66637 M,F 11/3-11/24 6:00-7:00am

#66638 M,F 12/1-12/29 6:00-7:00am

Fee: \$14

Instructor: Recreation Staff

Location: Spartan Recreation Center, Entire Gymnasium

Drop-In Sports

Come and play at the Spartan Recreation Center. Pick the sport of your choice and drop-in when your schedule allows.

Sport	Ages	Dates	Time	Cost	Location
Noon Basketball *	18 yrs and up	M,W,F begins 9/22	12:00-1:30pm	\$3; w/Resident disc: \$2	Spartan Recreation Center
Basketball 40+ (full court)	40 yrs and up	W begins 9/24	7:00-9:00pm	\$3; w/Resident disc: \$2	Spartan Recreation Center
Volleyball 50+	50 yrs and up	M,Th begins 9/22	1:30-3:00pm	\$3; w/Resident disc: \$2	Spartan Recreation Center

*Note: limit of 25 players. Sign-in begins at 11:50am

Call the Spartan Recreation Center for open gym availability (206) 801-2600



Learning to dance with MaryLee.

Learning to Dance - One Step at a Time

Do you feel like you have two left feet when it comes to dancing? Have a desire to learn the very basics and the similarities of all dance forms? In this very popular and fun beginning class, you'll learn the basics of many dances, partnering skills and footwork for various types of music. Yes, you can learn to dance!

Foxtrot, Western 2 Step, Single time Swing, Salsa
#66855 M 9/29-10/27 7:15-8:15pm

Triple Time Swing, Blues, Waltz, Salsa and Cha-Cha-Cha
#66856 M 11/10-12/8 7:15-8:15pm

Instructor: MaryLee Lykes, owner of Lykes to Dance
Location: Spartan Recreation Center, Dance Room
Fee: \$60; w/Resident Disc: \$50

Adult Hip Hop



Hip Hop is a popular and energetic dance form that is all the rage at clubs and halls. Come learn why and experience dance moves to great music. This is a beginning level dance class and NO hip hop or dance experience is required. Instructor is the coach and choreographer for the Shorecrest Hip Hop team.

#67416 Tu 9/23-10/21 7:45-8:45pm
#67417 Tu 10/28-11/25 7:45-8:45pm

Instructor: Rex Kinney
Location: Spartan Recreation Center, Gymnastics Room
Fee: \$60; w/Resident Disc: \$50

Salsa

Hot, hot, hot! Add spice to your life while you learn the basic foot patterns of this sensual and easy to learn dance with its Latin and Afro Cuban roots. We'll cover the basics then add great Salsa combinations and spins in this high energy dance class. No partners necessary.

#66772 W 9/24-10/22 7:30-8:30pm
#66773 W 10/29-11/26 7:30-8:30pm

Instructor: Vicki Gabrielle
Location: Spartan Recreation Center, Dance Room
Fee: \$60; w/Resident Disc: \$50

Belly Dance

Have some fun this season learning how to belly dance! This sassy dance form is popular with all ages and body types. Get in shape, tone, stretch and increase flexibility to great music while learning Egyptian-American cabaret style dance. Hip circles, shimmies, shoulder rolls and grapevine moves will be combined into a fun and active choreography. Wear comfortable clothing.

Beginning Students
#66752 M 9/29-11/17 6:45-7:45pm

Continuing Students
#66753 M 9/29-11/17 7:45-8:45pm

Advanced Students
#66754 W 10/1-11/19 7:30-8:30pm

Instructor: Janice Wing
Location: Spartan Recreation Center, Gymnastics Room
Fee: \$62; w/Resident Disc: \$52



This internationally recognized dance fitness class is designed to accommodate all fitness levels! Class includes a warm-up, cardiovascular conditioning, muscle-toning and stretching. Here's your chance to get in shape in a friendly, fun environment. Bring an exercise mat for floor work.

REGISTER FOR JAZZERCISE WITH THE INSTRUCTOR AT THE PROGRAM SITE.

For more information, contact madjazz@live.com.

Dates: Ongoing, join anytime!

Mon/Fri	9:45-10:45 am
Tue/Thu	9:30-10:30 am
Sat	8:00-9:00 am
Sat	9:00-10:00 am
M, Tu, Th	6:00-7:00pm

Fee: *Sales tax will be added to fee

Option 1: Easy Fitness Ticket \$38* (Monthly pass-automated payment)

Option 2: Monthly Pass \$55*

Option 3: Drop-in \$12* per class

Option 4: 4-class punch card \$35*

Location: Spartan Recreation Center

Instructor: Madelaine Jensen

Pilates

Pilates is all about strengthening your core muscles. In this class, you will strengthen your abdomen to support your spine and improve your flexibility. Join us for abdominal stretches, legwork and back exercises all designed by Joseph Pilates. This class is perfect for all fitness levels. Bring an exercise mat.

#66757	M	9/22-10/27	11:00-11:45am
#66758	W	9/24-10/29	11:00-11:45am
#66759	W	9/24-10/29	6:30-7:15pm
#66760	M	11/3-12/8	11:00-11:45am
#66761	W	11/5-12/10	11:00-11:45am
#66762	W	11/5-12/10	6:30-7:15pm

Instructor: Vicki Gabrielle, AFAA certified

Location: Spartan Recreation Center, Dance Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Piyo

Experience this new fitness class that is a perfect blend of Pilates movements and yoga stretches. Stay flexible and strengthen your core at the same time. We'll do standing poses, Pilates mat exercises and stretches to make you stronger and feel terrific. Bring a yoga mat.

#66776	Tu	9/23-10/28	12:00-12:45pm
#66777	Tu	11/4-12/9	12:00-12:45pm

Instructor: Vicki Gabrielle, AFAA certified

Location: Spartan Recreation Center, Dance Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Insanity Workout Expanded Schedule!

Insanity is a revolutionary cardio-based total body conditioning program based on the principles of interval training. Insanity pushes the participant to new training heights, resulting in more calories burned, faster results and a more efficient metabolism. We will perform long bursts of maximum-intensity exercises with short periods of rest for fast results. Perfect for any fitness level as these easy to learn workouts will keep you constantly challenged between aerobic and anaerobic exercises. No class 11/22.

#66742	Sa	9/20-10/25	9:15-9:45am
#66739	M	9/22-10/27	6:00-6:30pm
#66755	W	9/24-10/29	6:45-7:15pm
#66743	Sa	11/1-12/13	9:15-9:45am
#66740	M	11/3-12/8	6:00-6:30pm
#66756	W	11/5-12/10	6:45-7:15pm

Instructor: Arnie Martinez

Location: Spartan Recreation Center, Gymnastics Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Free Demo Classes:

Sa	9/13	10:15-11:00am
W	9/17	6:45-7:45pm

W.O.W. - Women on Weights

This is a great total body workout for women of all ages. Push your muscles to the max while you strengthen, tone and tighten. Various weight training exercises are set to great music.

#66764	M	9/22-10/27	12:00-12:50pm
#66766	W	9/24-10/29	12:00-12:50pm
#66765	M	11/3-12/8	12:00-12:50pm
#66767	W	11/5-12/10	12:00-12:50pm

Instructor: Vicki Gabrielle, AFAA certified

Location: Spartan Recreation Center, Dance Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Boot Camp

Join this popular fitness boot camp and get a complete workout that will get and keep you motivated. Kettle bells, free weights, ladder and bosu ball and more surprises will help you get a workout you might not be able to do on your own. We'll guide you through various workout stations at your level of fitness to a newer, stronger level each week. Instructor is a certified personal fitness trainer and running coach. No class 11/22.

#66737	Sa	9/20-10/25	8:15-9:00am
#66738	Sa	11/1-12/13	8:15-9:00am

Instructor: Arnie Martinez

Location: Spartan Recreation Center, Gymnastics Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Free Demo Class:

Sa	9/13	10:15-11:00am
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Fit Boxing

Fit boxing is the newest and hippest no contact fitness class in the area. It is a mix of moves, circuit training, strength training and core work. This hottest new class is a great way to lose weight and improve muscle tone. Wear comfortable clothing. No previous experience necessary. Instructor holds a black belt in Tae Kwon Do, is a former junior Olympic National Champion.

#66745	Tu	9/23-10/28	6:30-7:30pm
#66747	Th	9/25-10/30	7:15-8:15pm
#66746	Tu	11/4-12/9	6:30-7:30pm
#66748	Th	11/6-12/18	7:15-8:15pm

Instructor: Glen Gonzalez

Location: Spartan Recreation Center, Gymnastics Room

Fee: \$60; w/Resident Disc: \$52
Drop in: \$10



Zumba moves.

Zumba Gold

Zumba Gold is a low-impact version of Zumba. Same great music and easy-to-follow choreography with modified pacing makes this the perfect class for those new to Zumba, those with physical limitations or older active adults. This is a great way to start your journey to a fit and healthy lifestyle. No experience necessary.

#66770	M	9/22-10/27	6:15-7:00pm
#66771	M	11/3-12/8	6:15-7:00pm

Instructor: Vicki Gabrielle

Location: Spartan Recreation Center, Dance Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Zumba

This is a dynamic and high energy fitness class for all levels. It is one of the hottest and most rewarding fitness classes you'll ever experience! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements and easy to follow dance steps to high energy Latin and Salsa music. Wear comfortable clothing and fitness shoes.

#66768	W	9/24-10/29	5:30-6:15pm
#66769	W	11/5-12/10	5:30-6:15pm

Instructor: Vicki Gabrielle

Location: Spartan Recreation Center, Dance Room

Fee: \$48; w/Resident Disc: \$42
Drop in: \$8

Adults



Intro to Purna Yoga Meditation

Learn effective and active meditation techniques to relieve stress and anxiety. You will learn to quiet your mind and be in the present moment. If you thought you could never meditate, come and discover how to use these techniques to enjoy life in a calm and peaceful way. Wear comfortable clothing.

#66883 Sa 10/25 10:30am-12:00pm
#66882 Sa 12/6 10:30am-12:00pm

Instructor: Elisabetha Sekine

Location: Spartan Recreation Center,
Olympic Room

Fee: \$28; w/Resident Disc: \$24

Restorative Yoga Workshop

Restore your energy, calm your mind and renew your soul this busy holiday season. Learn breathing techniques and yoga poses designed to re-energize and rejuvenate. Bring a yoga mat.

#66860 M 12/15 6:00-8:00pm

Instructor: Elisabetha Sekine

Location: Spartan Recreation Center,
Olympic Room

Fee: \$28; w/Resident Disc: \$24

Intro to Yoga Workshop

This beginning yoga workshop is for those who want to gain a better understanding of what yoga is all about. Find relief in your feet, legs, back and upper body stiffness. Feel more centered and alive with easy-to-learn poses. No experience necessary. Bring a yoga mat.

#66867 Sa 10/11 10:30am-12:00pm
#66901 Sa 11/15 10:30am-12:00pm

Instructor: Elisabetha Sekine

Location: Spartan Recreation Center,
Olympic Room

Fee: \$28; w/Resident Disc: \$24

Gentle Yoga

**Expanded
Schedule!**

Focus on breathing, bending and blending mind and body through yoga. Modified poses will be shown for all levels of yoga, whether you are new to yoga or not. You will improve your balance, flexibility and strength in this great class that will help bring you to improved health and well-being. Bring a yoga mat.

#66749 Th 9/18-10/16 9:30-10:30am
#66750 Th 10/23-11/20 9:30-10:30am

Instructor: Sissel Brunette

#66902 Th 9/18-10/16 12:00-1:00pm
#66903 Th 10/23-11/20 12:00-1:00pm

Instructor: Alison Solam

Location: Spartan Recreation Center,
Olympic Room

Fee: \$66; w/Resident Disc: \$55
Drop in: \$14



Yoga

Elisabetha has been practicing yoga for over twenty years and is certified in Purna Yoga at the 2000 hour level. She offers safe, alignment-based yoga that unfolds from the heart connection and brings a feeling of peace and joy to the whole being. Props are provided but please bring your own yoga mat and wear comfortable clothing.

Beg./Cont. Students

#66861 M 9/15-10/20 5:30-6:55pm
#66863 Tu 9/16-10/21 12:00-1:15pm
Fee: \$79; w/Resident Disc: \$66
#66864 M 10/27-12/8 5:30-6:55pm
#66866 Tu 10/28-12/9 12:00-1:15pm
Fee: \$90; w/Resident Disc: \$77

Instructor: Elisabetha Sekine

Continuing Students

#66862 M 9/15-10/20 7:00-8:30pm
Fee: \$79; w/Resident Disc: \$66
#66865 M 10/27-12/8 7:00-8:30pm
Fee: \$90; w/Resident Disc: \$77

Location: Spartan Recreation Center,
Olympic Room
Drop in: \$14

Adult Sewing Lessons

Have you wanted to try sewing but didn't know where to start? Or take a class from a quilt shop but need to brush up on skills first? In this class, we will learn the basic sewing skills to get you started. Skills taught will include machine threading and bobbin winding, stitch functions, feet, following a pattern, button holes and zippers, rotary cutter rulers and cutting mat. Project may include a hot pad, an A-line skirt and/or a make up bag. Machines and notions provided. Supply list mailed, please call for list if registering online.

#66751 Th 9/25-10/16 6:30-8:30pm

Instructor: Beckie Stratton

Location: Spartan Recreation Center,
Cascade Room

Fee: \$120; w/Resident Disc: \$100

Glorious Greens



Discover some easy and delicious ways to select and prepare deep rich greens both raw and cooked and learn to incorporate these super foods in your every day meals. Also learn the star qualities of different greens and how they improve bone and eye health as well as reduce cancer, heart disease risk and lower blood pressure. You'll sample different preparations of organic, locally grown greens in dishes such as kale salad with pears, almonds and gouda; spinach basil pesto; Asian collard green wraps with peanut dipping sauce; chard gratin and Mediterranean pasta with Italian greens and sausage. \$5 supply fee payable to instructor. Recipes and samples provided.

#66906 Th 10/30 7:00-9:00pm

Instructor: Karen Lamphere

Location: Spartan Recreation Center,
Cascade Room

Fee: \$30; w/Resident Disc: \$25

Watercolor Painting

Explore the world of watercolor painting. Learn basic techniques of watercolor and gain confidence with your work as the class progresses. Open to beginning and continuing students. Supply list will be sent, call for one if registering online.

#66859 W 10/15-11/19 6:30-9:00pm

Instructor: Kimberly Caldwell

Location: Spartan Recreation Center,
Cascade Room

Fee: \$105; w/Resident Disc: \$90

Keep Safe

Join this non-physical self-defense class and learn assertiveness techniques to help you increase your sense of personal power and safety from sexual assault, harassment and bullying. We will address very serious issues in a playful, interactive workshop that profoundly increases personal safety. This workshop is designed for girls and women, ages 11+ and perfect for mothers and daughters to take together. Instructor is a licensed mental health counselor for over 25 years and former middle school counselor.

Age: 11 Years and up

#66724 Sa 10/18 10:00am-12:30pm

Instructor: Shelley White

Location: Spartan Recreation Center,
Cascade Room

Fee: \$48; w/Resident Disc: \$40



Dog Obedience

Note: Handlers must be 14 years of age or older.

Join our new Dog Obedience classes taught by staff of Joyce's Dogs. Joyce's motto is: We teach the human end of the leash at least as much as the dog end! All puppies and dogs must be current on vaccinations recommended for his/her age. Contact Joyce with questions; joycesdogs@gmail.com.

Manners and Skills for all Dogs

This is a beginning level class for **any age dog**. This class will teach you how to develop your dog's attention to you and skills such as walking on leash, sit, down, and come when called. No dogs first class.

Age: 14 Years and up

#66857 Th 9/25-10/30 7:00-8:00pm

Leash Walking and Recall Skills Focus

This class is for owners who have taken the basic manners class and want to learn how to improve their dog's leash walking skills as well as emergency recall. We will explore a variety of techniques and work individually with each dog and handler team. The first class will include dogs.

Age: 14 Years and up

#66858 Th 10/2-11/6 8:00-9:00pm

Instructor: Joyce's Dogs Staff

Location: Richmond Highlands Recreation
Center, Gymnasium

Fee: \$114; w/Resident Disc: \$95

Jewelry Making - Working with Wire

Take your jewelry making up a notch with basic wirework including wire-wrapped loops, linking and bead wrapping. Learn core techniques to create secure, professional-looking pieces and follow your imagination to new heights. \$10 supply fee, all tools provided for use. Familiarity with pliers and flush cutters recommended. For more inspiration: www.shishidesign.com.

#66904 Sa 10/11 10:00am-1:00pm

Instructor: Sella Rush, owner of Shi-Shi Design

Location: Spartan Recreation Center,
Cascade Room

Fee: \$30; w/Resident Disc: \$25

Stamp Designs in Metal

Learn a great technique for adding an extra personal touch to your jewelry or craft project. We'll cover some unique design options and extra finishing techniques like texturing, polishing and patinas. In-class projects include turning pre-cut copper or brass blanks into simple cuff or a collection of charms using decorative and letter stamps. All tools provided and no previous experience needed. \$10 supply fee payable to instructor. For more inspiration: www.shishidesign.com.

#66905 Sa 11/1 10:00am-1:00pm

Instructor: Sella Rush, owner of Shi-Shi Design

Location: Spartan Recreation Center,
Cascade Room

Fee: \$30; w/Resident Disc: \$25

Shoreline Off-Leash Dog Areas

Eastside Off-Leash Dog Area

1902 NE 150th St., Open daily dawn to dusk
Vehicle Access: Enter east of Public Health Lab at 20th Ave NE. It is located on the Fircrest Campus.

Shoreview Off-Leash Dog Area

320 NW Innis Arden Way

Open Daily:

Mon-Fri: 12:00pm to dusk

Sat-Sun: 9:00am to dusk

Vehicle Access: Through Shoreline Community College west campus entrance.

Richmond Beach Saltwater Park Off-Leash Dog Area

2021 NW 190th

Seasonal Access

Closed for the Spring/Summer, open 11/1-3/15.

Vashon Wine and Island Tour ♥

Vashon is known for its farms, artists and unique island charm. Spend the day touring spots across the island including Point Robinson Lighthouse, the downtown area and local wineries. Bring money for lunch and tasting fees. Transportation and trip leader included.

#66910 Sa 10/18 9:15am-5:30pm

Instructor: Janet Sigler

Location: Spartan Recreation Center

Fee: \$45; w/Resident Disc: \$40

Leavenworth Oktoberfest & Fall Leaves Tour ♥

Live music, German food and lots of beer! Oktoberfest in Leavenworth is an experience like no other. We'll start the trip with tour of some amazing fall foliage and work our way to the fun Bavarian village in the mountains. Transportation, trip leader and admission fee is included in price. Bring money for food, beer tasting and shopping. Last day to register is 10/1.

#66913 Sa 10/4 8:00am-8:00pm

Instructor: Summer Dahozy

Location: Spartan Recreation Center

Fee: \$59; w/Resident Disc: \$52



Orcas Island Tour ♥

Orcas Island, known as the "Emerald Isle" of the San Juan's, is rich in beauty, art and history. We'll take a drive to the top of Mount Constitution where you'll have a view across Puget Sound, then visit some special sites including the historical village of Eastsound, known for its shops, galleries, cafés and bustling farmer's market. Bring money for food and shopping. Transportation and trip leader included.

#66912 Sa 9/13 8:00am-8:00pm

Instructor: Summer Dahozy

Location: Spartan Recreation Center

Fee: \$62; w/Resident Disc: \$55

Iron Goat Trail *Accessible* Hike ♥

Walk along the pathway of the old Great Northern Railway through tall forests dotted with relics of the past. The Iron Goat Trail is a beautiful site full of history and scenic beauty. This hike is in partnership with our specialized recreation program and is 1-2 miles with minimal elevation gain making it fully accessible for wheelchairs. Bring a bag lunch or money for food. We'll stop for ice cream on the way home. Trip leader, transportation and ice cream included. Download Trip Preparation Handout at www.shorelinewa.gov/adults

#66912 Sa 9/27 11:00am-4:00pm

Instructor: Trina Horn

Location: Spartan Recreation Center

Fee: \$17; w/Resident Disc: \$15



Which Trip/Hike is Right For Me?

RATING SCALE

♥ **Easy** – Flat trail, suitable for most. Accessible for wheelchairs.

♥♥ **Moderately Easy** – Some uneven ground with small elevation gains and hills.

♥♥♥ **Moderate** – Some hills, more rugged terrain with elevation gains up to 1000 ft. Must be steady on feet and have decent level of fitness.

♥♥♥♥ **Difficult** – Steeper hills, higher elevation gains with some switchbacks and more rugged terrain. Very aerobic.

Warm Beach Holiday Lights ♥♥

The holiday light show at Warm Beach Campground in Stanwood is spread across 15 acres and includes over 1 million lights! We'll take a stroll through the grounds enjoying the entertainment and displays of this annual festival of lights. Transportation and trip leader included. Bring cash for admission \$15/adult, \$12/senior 60+. Dress warm and wear comfortable shoes, we'll be walking outdoors.

#66909 Sa 12/6 4:30-8:30pm

Instructor: Janet Sigler

Location: Spartan Recreation Center

Fee: \$19; w/Resident Disc: \$17



Kruckeberg Botanic Garden

20312 15th Ave NW Shoreline WA 98177
www.kruckeberg.org



OCTOBER

October 2 & 4 - Botanical Watercolor Workshop, \$60
October 5 - Botanical / Herbal Lotions Workshop, \$35
October 10-12 & 17-19 - Fall Tree and Shrub Sale

Fridays: Free Seminar

Saturdays: Family Workshops, \$10/child

Sundays: Free Introductory Tour

October 24 & 25 - Haunted Forest

NOVEMBER

November 1 - Fungus Frolic Plant Geek Class, \$10

November 8 - Fern Propagation Workshop, \$50

November 16 - Rake & Bake Volunteer Work Party

November 30 - Wreath Workshop, \$30

DECEMBER

December 6 - Make a Luminary Family Workshop, \$10

December 19-21 - Solstice Stroll

Visit our website for details and to register.
Members receive discounts on programs.
Contact us about school field trips, private
tours, and volunteering.

Come Visit Us!
www.kruckeberg.org

Open Friday, Saturday, Sunday
March - October 10am - 5pm
November - February 10am - 3pm

Every Saturday until October 4



Shoreline City Hall
17500 Midvale Ave N.
10:00 AM-3:00 PM

